

**PRESIDENT'S ANNUAL REPORT**

by  
Gail McKellar

**REGULAR WEEKLY ACTIVITIES**

On-going activities included:

- card and board games
- fitness classes
- arts & crafts
- carpet bowling
- library speakers including technical computer help and a health series
- Friday drop in at the Youth/Seniors Centre - snooker, games, social time
- Tai Chi

**REGULAR MONTHLY ACTIVITIES**

- Potluck at the Legion
- Diners Club

**SPECIAL GATHERINGS**

**BOWL FOR LIFE (Grant)**

Monthly luncheons offered Carpet Bowling and Wi Bowling as well as various crafts.

**SENIORS INTERACTING THROUGH ART (SITA) (Grant)**

Monthly luncheons were held and various artistic mediums were offered for the seniors to try their hand at, including:

- origami
- native drum making and painting
- local herb walk and making a balm or ointment with the herbs
- greeting cards, cedar bracelets, antler earrings and a quilt sampler
- drawing and painting
- felting
- musical theatre
- native carving a small paddle

A special art event was held at Whispering Falls Campground offering Tai Chi, Yoga, Drawing and Watercolour painting along with a delicious lunch, entertainment by the Chicks with Picks, swimming and The Cheesebox photo booth (courtesy of Whispering Falls)! It was a fantastic day!

## PEMBERTON VALLEY SENIORS SOCIETY 2014-2015

We wound up the series with a Grand Finale tea and art show in March. Charlie Knight showed his video of our artistic gatherings; Carmen, Jim & John led us in song with the karaoke machine with guitar, harmonica and the spoons and some of the seniors displayed their amazing works of art.

### OTHER AMAZING EVENTS AND HAPPENINGS

Lindsay had her baby!! Her last day was December 19th, 2013 as our VCH worker and Delilah weighed in at 7 lb. 2 oz. on December 28th! She continued on as our exercise guru until June 25th, 2014. We are happy to have them drop in occasionally and see how much Delilah has grown each time!!

We met **Frances Hopkins**, our new VCH worker on February 17th and welcomed her into the fold.

We joined the **Farmers' Market** with the Friends of the Library and had a profitable yard sale at the Senior's Villa. The **Fairmont Afternoon Tea** has always been a favourite and last year was no different. **Canada Day** saw several of the senior men helping children build birdhouses and then decorate them with wood burning tools, under the watchful eyes of Peggy & Marnie. A **memorial bench** crafted by John Tschopp was placed at the museum for some of our members who have passed on.

We had the opportunity to attend the **Vancouver Symphony** at the Whistler Celebration Plaza for an afternoon of music. We were invited to pick crabapples and make jelly and sauce as well as making strawberry jam preserves! The **Slow Food Cycle** was organized by Tourism Pemberton last year and we were invited to sell coffee. Some seniors enjoyed making lovely **stained glass** artwork at Our Glass Works with Judy Bourhis.

A BIG event was the **Timber Framers** here to build the **Community Barn**. The seniors supplied a supper served at the museum as well as help with desserts and breakfasts. The framers really enjoyed the good home cooking! **Nel & Tony Van Loon** hosted **pot luck** and wagon rides at their lovely homestead up the Meadows. The **Whistler Seniors** invited us for lunch several times and in October put on a wonderful **Oktoberfest meal** with traditional costumes and entertainment. Our **Christmas festivities** included a wonderful luncheon and visits at Drumkeeran Lodge at Ivy Lake and the Lions Club 65+ turkey dinner and singing with the choir (I heard there was some dancing going on!).

The **Men's Shed and Tool Lending Library** initiative began! Grant money and donations have come in from several sources and it is quickly becoming a reality! Marnie and Fran have spearheaded the project and a committee of men has been formed to 'bring it home'.

The original **Lion's Villa** seniors residence received a new roof and PV Seniors are welcome to use the common room which was cleaned up and refurbished. The **Better at Home** program was launched and a series of very informative Health Talks has been ongoing, tackling such issues as Trips, Slips and Falls, Chronic Disease Self Management, Hearing/Deafness, the Hospice Society, Advanced Care Planning and Sugar, It's in Everything. The **Library** has been supportive as always opening the doors for **Tech time** help with our computers and host speakers. Opportunities were available to attend a **journaling workshop** and a writer's retreat at Anita Samuel's B & B. The **Whistler Seniors** invited us to attend workshops on Elder Abuse & Neglect and Choosing the Right Retirement Lifestyle for You. The Women's Institute (W.I.) invited us to their annual **Strawberry Tea** and a Calendar Girls movie and tea evening, and continued to offer **Tea and Tales at the Museum** Tuesday afternoons. Seniors also had the opportunity with **Stewardship Pemberton** to help at the Nature Centre developing a Native Plant Interpretive Garden. The **Sea to Sky Gondola** afternoon included lunch, trails and was a lovely afternoon!

Our **first Flea Market** at the Community Barn was a huge success! Thanks to Shirley & Carmen for initiating this event. We plan to have 3 this year! **Shannon Falls Retirement Residence** offered a lunch and tour of their facilities. There is a monthly **free lunch program** at the Ullus Centre in Mt. Currie that welcomes all from Pemberton & Mt. Currie and gives us another opportunity to visit our friends down the road! A few **election candidates** joined us for lunch at the legion to hear our concerns and give a brief talk on their priorities if elected (they all were by the way). There was a **housing survey** to determine seniors' housing needs. Shakespeare's Twelfth Night was broadcast live from the Globe in London to Millennium Place in Whistler.

Don't anyone ever say they were bored this past year!! There certainly were many and varied opportunities - something for everyone. Once again we have been spoiled by so many in our community and beyond and we are very thankful.

Thank you also to the members of PVSS who give of themselves so willingly and 'make it happen'. YOU ARE AWESOME